Sensory Processing

Supporting our children to be ready for learning/ supporting our children to be ready to learn

Sensory Processing

Sensory processing is how the brain receives, organises and processes all the information received from the senses. This information helps us to make sense of the world and respond appropriately. Difficulties with this process can lead to use becoming overwhelmed, under stimulated or avoidant of certain situations. Everyone is different and what might be overstimuating for one person, may have little to no affect on another. Our tolerance may also change from day to day.

Senses

We have 5 senses, 5 you will be aware of

1.Sight
2.Sound
3.Taste
4.Touch
5.Smell

And 3 you may be less familiar with

6. vestibular-the gravity or balance sense
7. proprioception- the sense of self movement, force and body position
8.Introception-the internal sensations from inside our body

Challenging behaviours and sensory processing

All behaviours are an attempt to communicate with us that a need is not being met. In school we use the follow approaches to identify the need or to support children to communicate with us.

PACE and WINE visual if possible, they might be too small.

What the Teachers say

'The sensory circuits have been impactful. They've helped a lot of children to be ready for learning.

What the Children say

'When I'm cross, I ask to use the peanut ball, the bouncing helps to calm me down.' Piran

What is Sensory Processing?

Click the image